

WHAT IS CLAIMED IS:

1. An adapter for use in cooperation with a post, sign post, or other supporting post, the adapter comprising:
  - an upper adapter portion, for attachment to a first part of the post;
  - a lower adapter portion, for attachment to a second part of the post; and
  - a cylindrically helical spring for connecting the upper adapter portion to the lower adapter portion so as to allow relative movement between the upper and lower adapter portions if a force is applied to the first part of the post,wherein at least one of the upper and lower adapter portions is shaped to receive the helical spring as a screw.
2. The adapter of claim 1, wherein the upper and lower adapter portions each include a plurality of holes for removably screwing or nailing the adapter to the post.
3. The adapter of claim 1, further comprising a shield for encircling and protecting at least the helical spring during the relative movement.
4. The adapter of claim 1, wherein the upper and lower adapter portions are shaped to receive the respective parts of the post.
5. The adapter of claim 1, wherein the upper adapter portion and the lower adapter portion have facing surfaces which include a plurality of protruberances and corresponding indentations for flexibly aligning the adapter portions, and wherein the upper and lower adapter portions are substantially identical to each other.
6. The adapter of claim 1, wherein one or more of the adapter portions is secured to the helical spring using glue or caulk.

7. The adapter of claim 1, wherein the at least one of the adapter portions includes a removable device for securing the spring in a screwed position.
- 5 8. The adapter of claim 7, wherein the removable device comprises a screw.
9. The adapter of claim 4, further comprising a bracing piece, the bracing piece having an end that is securable to the first part of the post, and the bracing piece also having a protruberance that is alignable with a corresponding indentation in the  
10 lower adapter portion.
10. The adapter of claim 4, further comprising a bracing piece, the bracing piece having an end that is securable to the second part of the post, and the bracing piece also having a protruberance that is alignable with a corresponding indentation in the  
15 upper adapter portion.
11. The adapter of claim 3, wherein the upper adapter portion and the lower adapter portion have respective facing elements located outside the shield, for preventing the post from bending in a direction of the facing elements.  
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12. The adapter of claim 1, wherein the force applied to the first part of the post creates a torque between the upper and lower adapter portions greater than a pre-determined amount.
- 25 13. The adapter of claim 7, wherein the removable device is for securing the spring in any of a plurality of screwed positions causing the cylindrically helical spring to have a corresponding plurality of different tensions.
14. The adapter of claim 1, wherein the spring has a tension that depends upon  
30 how far it is screwed into the at least one of the upper and lower adapter portions.

15. The adapter of claim 7, wherein an end of the helical spring has a hook, bend, or islet for contacting the removable device.